

## **Preventive Measures to be Taken Against Corona Infection in Children**



**Maternal nutrition for infants who have not yet started eating.**

**If the mother consumes preventive food as described below, the infant will be protected by the mother's milk.**

### **Fenogreek:**

**Soak 1 ½ spoon Feno Greek in water and drink in the morning and evening. Choose the same time in morning and evening for every day to drink.**

**Soak 1 ½ spoon Feno Greek in ½ glass water in the night and drink the water together with the Feno Greek in the next day morning.**

**Again Soak 1 ½ spoon Feno Greek in ½ glass water in the morning and drink the water together with the Feno Greek in the evening.**

**The soaked Feno Greek can be chewed or swallowed with the water. Can be taken on empty stomach or after eating breakfast.**

**The Feno Greek Controls Diabetes disease. Hence consult your doctor within 4 days to reduce the dose of diabetes. The pregnant women use this as per advice of Gynaecologist.**

**Sesame Seeds.**

**Eat every day 30 grams of roasted Sesame seeds or powder of roasted Sesame seeds. 15 grams in the morning and 15 grams in the evening. Can be taken with Jaggery or Honey. The diabetic must avoid jaggery and Honey.**

**Flax Seeds.**

**Eat every day 20 grams of roasted Flax seeds or powder of Flax seeds. The powder of roasted Flax seeds can be taken with water, Jaggery or Honey. 10 grams in the morning and 10 grams in the evening. The diabetic must avoid jaggery and Honey.**

**Almonds.**

**Soak 8 Almonds in the night. Peal the skin in the morning and eat. Don't drink that water.**

**Walnut. Eat 5 Walnut every day in the morning.**

**Those who cannot afford Almonds and Walnuts, may take 5 grams of Sesame and Flax seeds in addition to the above-mentioned quantity.**

**Those who can afford Sage Tea, Green Tea, Hibiscus Rosella, Chamomile and Quercetin with Bromelain, should be taken as follows:**

**Sage Tea:**

**Sage Tea 250 ml in the morning and evening.**

**Bring 250 ml water to boil. Put  $\frac{1}{2}$  spoon Sage tea in a glass and pour the boiled 250 ml water into the glass and cover. Keep it for 4 minutes and later drink. Don't dispose the Sage leaves boil another 250 ml water and pour into that glass, keep it covered for evening and drink in the evening.**

**Green Tea:**

Bring 250 ml water to boil. Put  $\frac{1}{2}$  spoon Green Tea leaves, Hibiscus Rosella and Chamomile in a glass and pour the boiled 250 ml water into the glass and cover. Keep it for 4 minutes and later drink. Don't dispose the Green Tea leaves, Hibiscus Rosella and Chamomile boil another 250 ml water and pour into that glass, keep it covered for evening and drink in the evening.

**Drink Sage tea one day and the Green tea + Hibiscus Rosella + Chamomile tea the next day.**

**Get the Sage Tea leaves, Green Tea, Hibiscus Rosella, Chamomile by ordering on line portals.**

**Quercetin with Bromelain:**

Quercetin is the most abundant dietary flavonoid. Fights with free radicals. Quercetin has antioxidant properties. Reduces inflammation. Reduces the risk of cancer. Prevents neurological diseases. Relieves allergy symptoms. Prevents infections. Reduces the risk of heart diseases. Lowers high blood pressure. As a supplement, it appears to be generally safe with little to no side effects. Consult your Doctor for reducing hyper tension dosage.

**As a preventive measure consuming of Quercetin 300 mg to 500 mg, Bromelain 150 mg capsules in the evening is advised.**

## **Preventive measures to be Taken Against Corona Infection in Children Who started to take food and below 2 years of age:**



**Sesame Seeds.** 10 grams Sesame.

**Flax Seeds.** 10 grams Flax seeds.

**Almonds.** 5 Almonds.

**Walnut.** 2 or 3 Walnut.

Grind 10 grams of Sesame seeds, 10 grams of Flax seeds, 5 soaked Almonds and 2 or 3 Walnuts into a fine smooth paste. Make sure the paste is well softened. Feed this paste to the baby. You can add pure honey to this paste and feed.

**Feno Greek:** Considering doubts expressed by many, you can choose this as an optional to feed the toddlers. Add  $\frac{1}{4}$  th Spoon or 2.5 grams of Feno Greek powder to the above-mentioned paste and feed the baby once in 3 days.

**Green Tea:**

Bring 70 to 125 ml water to boil. Put  $\frac{1}{4}$  spoon Green Tea leaves, Hibiscus Rosella and Chamomile in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the baby once in a day.

**Sage Tea:**

Bring 70 to 125 ml water to boil. Put  $\frac{1}{4}$  spoon Sage Tea leaves in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the baby once in 3 days.

**Preventive Measures to be taken Against Corona Infection in Children Between 2 to 14 Years of Age:**



**Sesame Seeds.** 20 grams Sesame.

**Flax Seeds.** 20 grams Flax seeds.

**Almonds.** 6 Almonds.

**Walnut.** 4 Walnut.

Grind 20 grams of Sesame seeds, 20 grams of Flax seeds, 6 soaked Almonds and 4 Walnuts into a fine smooth paste. Make sure the paste is well softened. Feed this paste to the Child. You can add pure honey to this paste and feed.

**Feno Greek:** Add  $\frac{1}{2}$  th Spoon or 5 grams of Feno Greek powder to the above-mentioned paste and feed the child every alternate day.

**Green Tea:**

Bring 125 ml water to boil. Put  $\frac{1}{4}$  spoon Green Tea leaves, Hibiscus Rosella and Chamomile in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the child once in a day.

**Sage Tea:**

Bring 125 ml water to boil. Put  $\frac{1}{4}$  spoon Sage Tea leaves in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the child once in a day.

**Serve the child Sage tea one day and the Green tea + Hibiscus Rosella + Chamomile tea the next day.**

**Feed leafy vegetables like Methi leaves, Drumstick leaves. No need to give Quercetin supplement as the dose from leafy vegetables is sufficient.**

**Note:** Follow the precautionary measures prescribed to the adults in the case of children above 14 years.

## **Precautions to be Taken After Corona Infection in Children**

### **1. Bromhexine Elixir:**

**Use Bromhexine if encountering with a positive person or slight cough or suspecting Corona symptoms.**

**Must be used on diagnosing Corona positive.**

**This drug protects the lungs from the Corona virus.**

**Bromhexine Elixir is the name of medicine. Don't use with any other combinations.**

**Better if you can get Ipcalab medicine. Use any lab medicine provided it is only Bromhexine.**

**On the prescription and advise of the Paediatric this medicine will be given to the children.**

**Bromhexine syrup or tablets should not be given to babies under 2 years of age. They have maternal nutrition and care.**

### **Syrup Dosage:**

**Upto 2 years children – Not required.**

**2 - 5 years - 2.5 ml morning and evening.**

**5 - 14 years - 2.5 ml once in the morning, at 11 O'clock, in the afternoon at 4 O'clock, in the night before sleep.**

**Above 14 years - 5 ml once in the morning, at 11 O'clock, in the afternoon at 4 O'clock, in the night before sleep.**

### **Dosage of Tablets if Syrup not Available:**

**Upto 2 years children – Not required.**

**2 - 5 years - 2 mg morning and evening.**

**5 - 14 years - 2 mg once in the morning, at 11 O'clock, in the afternoon at 4 O'clock, in the night before sleep.**

**Above 14 years - 4 mg once in the morning, at 11 O'clock, in the afternoon at 4 O'clock, in the night before sleep.**

This treatment is only for Covid.

Bromhexine Elixir can be obtained by placing order in Pharmeasy App, 1 mg App and other apps.

## **2. For children under 2 years of Age who have started eating:**

Grind 10 grams of Sesame seeds, 10 grams of Flax seeds, 5 soaked Almonds and 3 Walnuts into a fine smooth paste. Make sure the paste is well softened. Feed this paste to the baby. You can add pure honey to this paste and feed.

**Feno Greek:** Add  $\frac{1}{4}$  th Spoon or 2.5 grams of Feno Greek powder to the above-mentioned paste and feed the baby once in a day.

**Kalonji – Nagella Sativa:** Not required.

**Pomegranate Juice:** Not required.

**Garlic Therapy:** Not required.

**Green Tea:**

Bring 70 to 125 ml water to boil. Put  $\frac{1}{4}$  spoon Green Tea leaves, Hibiscus Rosella and Chamomile in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the baby once in a day.

**Sage Tea:**

Bring 70 to 125 ml water to boil. Put  $\frac{1}{4}$  spoon Sage Tea leaves in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the baby once in a day.

### **3. For Children From 2 years to 14 years:**

Grind 20 grams of Sesame seeds, 20 grams of Flax seeds, 6 soaked Almonds and 4 Walnuts into a fine smooth paste. Make sure the paste is well softened. Feed this paste to the Child. You can add pure honey to this paste and feed.

**Feno Greek:** Add  $\frac{1}{2}$  th Spoon or 5 grams of Feno Greek powder to the above-mentioned paste and feed the child every day.

**Kalonji – Nagella Sativa:**  $\frac{1}{2}$  Spoon Kalonji powder to be given with pure Honey to the child once in a day.

#### **Pomegranate Juice:**

Take a pomegranate fruit and wash it with clean fresh water.

Remove the thigh at top and bottom and cut into four pieces.

Ensure everything inside the fruit is fine and put them in the mixy jar together with the peal of the fruit. Peal(skin) of the fruit or nothing from the fruit is not to be removed. Pour half glass clean water in the mixy jar and grind it to smooth. Do not remove peal of the fruit in any circumstances.

#### **For Children From 2 Years to Below 5 Years:**

Filter this smooth juice serve  $\frac{1}{4}$  glass juice to the child 3 times daily; morning, afternoon, night. If the juice is coarse add honey.

#### **For Children From 5 Years to Below 14 Years:**

Filter this smooth juice serve  $\frac{1}{2}$  glass juice to the child 3 times daily; morning, afternoon, night. If the juice is coarse add honey.

**Garlic Therapy:** Not required.

**Green Tea:**

Bring 125 ml water to boil. Put  $\frac{1}{4}$  spoon Green Tea leaves, Hibiscus Rosella and Chamomile in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the child once in a day.

**Sage Tea:**

Bring 125 ml water to boil. Put  $\frac{1}{4}$  spoon Sage Tea leaves in a glass and pour the boiled water into the glass and cover. Keep it for 4 minutes and later serve to the child once in a day.

**Serve the child Sage tea one day and the Green tea + Hibiscus Rosella + Chamomile tea the next day.**

**Feed leafy vegetables like Methi leaves, Drumstick leaves. No need to give Quercetin supplement as the dose from leafy vegetables is sufficient.**

- 4. For children above 14 years follow our protocol prescribed to the adults.**